Contents: Menses, Puzzle, Health Foods, Poetry

NORTH Bi NORTHWEST

Newsletter of the Seattle Bisexual Women's Network, a member project of Gay Community Social Services
AUGUST/SEPTEMBER 1995 VOLUME 8, NUMBER 4

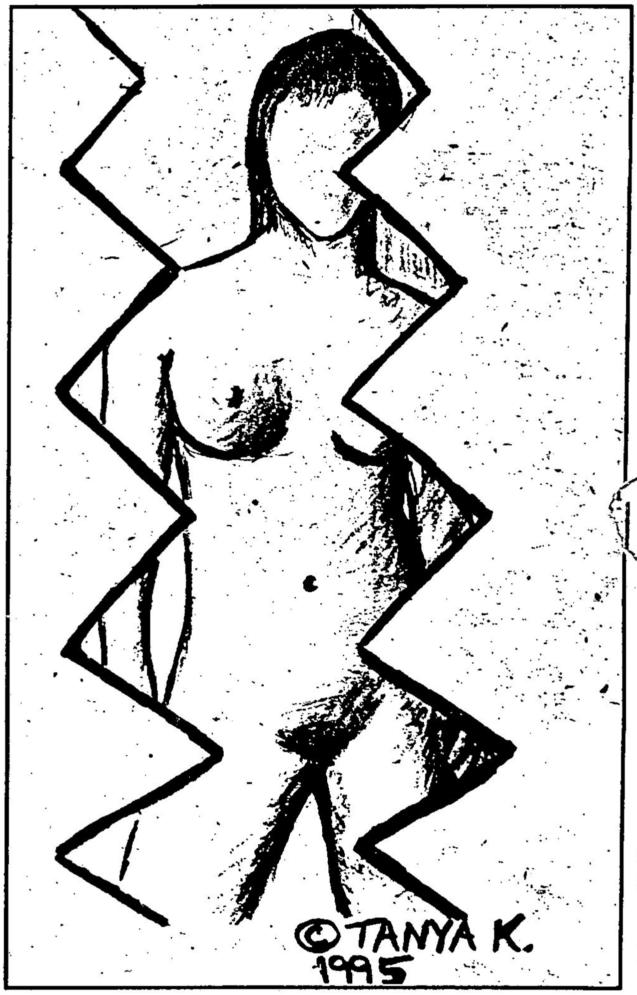
Cycles of Life, Cycles of Blood

by Lisa Coyote

MY FIRST LESSON in the facts of life was during fifth grade. All the girls in my class sat under a wonderfully leafy and shady tree on the lawn of our school. I do not remember what our teacher told us about the facts of life (my own menarche was about 5 years away), but I distinctly remember a classmate virtually shrieking out a question afterward: "What if I'm on my period and the blood starts running down my leg?" I love this question because it is SO human. This little girl was panic-stricken just thinking about it, even though I cannot recall seeing a woman with menstrual blood running down her leg. We take something we don't understand and then think about the worst possible outcomes. Around this same age, I attended a wedding of a cousin, and I felt certain as I watched the ritual 'will thou take thee' statements that I would never EVER be able to remember all the lines the woman says in the wedding ceremony.

I ACCIDENTALLY ATTENDED at least part of the talk that boys receive about sexuality that same year. The teacher found a deceptive way to separate the girls from the boys for an hour. She announced that a particular little girl, Mary, was going to perform a piano recital and which children would like to attend? She asked for a show of hands. Most of the girls raised their hands, along with a few scattered boys. I did not raise my hand; it sounded boring. Then, the teacher fumbled for a moment and said she needed another show of hands. This time, every girl except me raised her hand, and none of the boys did so. Those attending the concert were told to report to a specific room immediately after lunch. All others were to return to the classroom. I went back to the classroom and was lingering for some reason in the coatroom. The teacher did not know I was back there. She began to tell the boys about the purpose of the discussion, and I became mortified. I stayed hidden in the coatroom. I don't recall how this incident ended, but I must have gotten discovered.

MY FIRST MENSTRUATION finally came around at about age 14. I only recall one incident about it. I had just left the toilet and my 4-year-old brother entered the bathroom immediately after. He called out to my mother, "there's blood on the toilet seat!," his eyes large with concern. My mom turned to me and glared a 'you're in trouble now' look. It was slightly confusing because before my brother was born, my mom used to leave bloody tampons in the toilet unflushed regularly (back in the days when women flushed tampons).



Tanya Kail

MY FIRST USE OF A TAMPON was fitful and ambiguous and embarrassing. No one had talked to me one-on-one about menstruation; I discovered a Kotex book and starter kit sitting on my bed one day. I decided for myself to try tampons. I knew very little about my vagina; my sex life was

'Cycles' continued on page 14

Join! $10-50/year, sliding scale.
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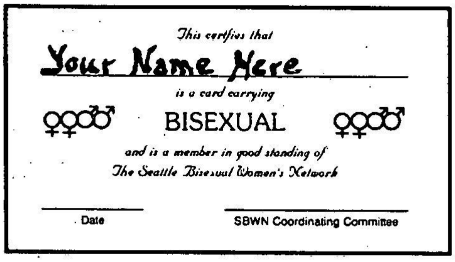

This certifies that

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and is a member in good standing of The Seattle Bisexual Women's Network

Date

SBWN Coordinating Committee

Memberships are $10-50 a year on a sliding scale, and are open to women everywhere. Members are entitled to discounts on events and purchases. See mail-in form above.

SBWN Statement of Purpose

We are a group of women from diverse backgrounds working to create a feminist bisexual support network and to promote, in both the heterosexual world and in the lesbian/gay community, the understanding and acceptance of bisexuality as one of many valid sexual identities.

We regard ourselves as part of the community that is united against heterosexism and homophobia. We are dedicated to the right of all people to define their own sexuality, free from any social, political, or economic coercion. The discriminations we face on the bases of our gender and our sexuality are not the only forms of oppression. We recognize that oppression is non-hierarchical and that none of us is free until all of us are free. We are invested in the feminist struggle to transform our culture into one free of all forms of bigotry, hatred, and exploitation.

We seek to provide a safe place for women to explore all aspects of their sexual orientation and identity. All women are welcome to attend SBWN activities. We are exclusively a women's group in order to create a safe space for women's expression and leadership. We come together to affirm ourselves and our choices.

North Bi Northwest ***is the bimonthly newsletter of the Seattle Bisexual Women's Network. It is produced by women and is feminist in content. We feature news and events pertinent to the bisexual community, as well as creative writing, artwork, and an advice column.***

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We welcome submissions from women and men that concern feminism, politics, sexuality, or anything of interest to bisexual women. Help define our culture! Share your histories, anger, pleasure, energy. Send us your essays, poetry, photographs, drawings, book reviews, short stories, interviews, media reports, rants, cartoons, erotica, journals, theory, conversations and letters. You're important to us and what you have to say is important to everyone.

We accept input on disk with ***hard copy (Mac or PC), typed, or handwritten if it's legible. If you send us something to print, you get a free issue; send six and get a year's subscription! Let us know what pseudonym you use, if you do not want to publish under your everyday name.***

Views expressed in North Bi Northwest ***are those of individual authors and do not necessarily represent the views of SBWN. Inclusion in this publication does not indicate author's sexual orientation.***

Deadline for submissions to the next issue: Tue. Sept 5. (see address above).

North Bi Northwest is printed on bi paper! (50% recycled). ♻

North Bi Northwest

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PO Box 30645
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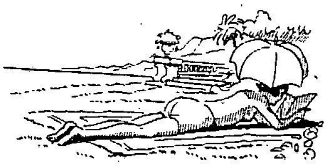
Seattle WA 98103-0645

SBWN can always use volunteers to help with a variety of tasks. Give us a call or talk to a facilitator at a meeting.

North Bi Northwest is available by subscription (see above) or at area bookstores and newsstands, including: in Seattle, **Red and Black Books, Beyond the Closet, Bailey Coy Books, Fremont Place Book Company,** and **Toys in Babeland.**

North Bi Northwest is a publication of the Seattle Bisexual Women's Network, a member project of Gay Community Social Services, PO Box 22228, Seattle, WA 98122-0228. (Not for correspondence with SBWN or *North Bi Northwest*).

From the Editor...



Seattle's Gay Lesbian Bisexual Transgender Pride Parade March and Freedom Day Rally was pretty hot this year. It was a beautiful sunny day for an estimated 60,000 people from all over Washington and neighboring states and provinces to march, shop, cruise, network and be entertained. Seattle's bi groups sold magnets and T-shirts, gave out information, and met with bi representatives from Vancouver BC (who said they'd just been to San Francisco's Pride Parade and found Seattle's more interesting). We celebrated keeping anti-Gay initiatives off Washington ballots last year, defeat of similar initiatives in Idaho and Oregon, court victories against US military's 'don't ask, don't tell' policy, etc. Seattle instituted Domestic Partnership Registration a year ago. Agenda for the future includes fighting bigotry and discrimination, affordable universal health care, ending prohibitions against gay and lesbian adoptions, custody and foster parenting. The promised protest demonstration by anti-Queer Citizens Alliance of Washington was cancelled, supposedly due to their having received threats. Only a handful of protestors stood at one corner and were surrounded by several dozen pro-Queer Christians.

Vancouver, British Columbia, Pride March and Rally is on Monday, August 7. It has grown immensely in the past six years, from a few hundred to several thousand colorful people attending. Seattle's bi groups have marched with Vancouver's BiFocus and BiFace four of the last seven years, and it's been lots of fun! Shall we have a contingent this year?

Please note that we've renovated our meeting schedules again. As of August 7, all meetings on Mondays and Sundays will begin at 6:30pm. The second meeting of odd-numbered months will be a Social and Organizational meeting. All other meetings will be Open Rap or Topic Nights. See our schedule on page 16 or call our phone line for updates. We'd like to hear what you'd like to talk about; call and tell us what topics you'd like to see offered. SBWN members and friends have been meeting at The Easy for dancing at 9:30pm on third Saturdays.

The Seattle Bisexual Women's Network is TEN YEARS OLD this August! Our first meetings were in August 1987. Watch for announcements of our 10th Anniversary Celebration this Fall. Call Lisa N. with suggestions to help plan the party!

SBWN
SEATTLE BISEXUAL
WOMENS NETWORK

Write for Us!

The input deadline for the next issue of *North Bi Northwest* is Tuesday, September 5. Suggested topics for this issue are:
Labels/Identity: Are you bisexual? Yes? What does that mean to you? No? Do you wear any labels? How do you identify: by sexuality, family, profession, ethincity, class, religion...?
and: **Safer Sex:** What rules do you play by? Often the theory of what one is supposed to do is different from what one practices. How do you initiate *that* conversation the first time with a new person? Have you had *fun* with latex? How about getting to the point of dispensing with latex in what looks like it will be a long term relationship? What about going back to safer sex after a latex 'accident' or a new lover in your life?

BiNet/Seattle Goes on Hiatus

As of 14 June, 1995, BiNet/Seattle, and thereby BiNet/Washington, went on sabbatical for the indefinite future. Existing membership felt little support and decreasing sense of bi community, and were feeling a bit of burnout, so have decided to focus their energies on other projects.

BiNet/Seattle's bank account was moved to a interest-earning savings account, and the checking account was turned over to the Polyfidelity Discussion Group, with their money left in it, as they are a very large and active group. Merged business has been sorted out (buttons and such to sell, phone bills to split, etc.), and the phone line is to be managed by PolyFi and Seattle Bisexual Men's Union. BiNet/Wa has sent 1995 membership dues to BiNet/USA.

There'll be a meeting on Wednesday, 10 January, 1996, to determine if there's interest in furthering BiNet, or closing it. All interested parties are invited, past members, and especially people with new energy and focus.

We especially thank ben raviv, Peggy Walsh, Lizabeth Coller, Paul Talbert and Drew Robinson for their work and for hanging in for the past three years. ▼

Newsy Bits

PFLAG Holds Statewide Conference

Approximately 180 people representing communities in Washington, Oregon, Montana and Idaho met in Ephrata, Washington in April to share their public and personal victories, and public and private struggles as members of Parents, Families and Friends of Lesbians and Gays (PFLAG). The organization's first statewide conference primarily focused on organizing, networking, and legislative issues, which included workshops on member recruitment, fundraising, and chapter affiliation. For information on PFLAG activities in the Seattle-Tacoma metropolitan area call 206-325-7724 or write the organization at 1202 E Pike St, Suite 620, Seattle WA 98122. (PARENTSBANNER, MAY/JUN 1995)

Gingrich's Sister Stumps in Seattle

Candace Gingrich, the lesbian half-sister of House Speaker Newt Gingrich, kicked off her new job with the Human Rights Campaign Fund with a town meeting in Seattle in April. Ms. Gingrich, who was hired by the Washington, DC-based gay and lesbian lobbying group to head its National Coming Out Project, is currently on a national 34-city tour to encourage participation in National Coming Out Day on October 11th. The event was launched several years ago in New Mexico and has since become a popular event to promote gay, lesbian and bisexual visibility. (SKAGIT GAY TIMES, MAY 1995)

Victory Over Censorship in Washington

A coalition of artists, musicians, civil libertarians, health care providers, and communications companies from Microsoft Chairman Bill Gates to Nirvana bass player Krist Novselic successfully lobbied Washington Governor Mike Lowry recently to veto Senate Bill 5466, commonly called the 'harmful to minors' legislation. The bill targeted everything from sound recordings, artistic performances, and online services to public school instructional materials, contraceptive devices, and depictions of breast-feeding. An attempt to override Lowry's veto, which requires two-thirds majority in both Houses, failed. The bill was opposed by the Seattle-based National Campaign for Freedom of Expression (NCFE), the Washington Music Industry Coalition, the Northwest Booksellers Association, and the ACLU of Washington, and other organizations. (NCFE BULLETIN, SPRING 1995)

British Bisexuals to Hold Conference

Bisexuals, their friends, and anyone who feels allied with the bisexual community is invited to attend the United Kingdom's National Bisexual Conference September 1-3 at the University of Central England, Birmingham. Non-UK residents are welcome. For more information or to register, send e-mail to BiCon@bham.ac.uk. (BIWOMEN, JUN/JUL 1995)

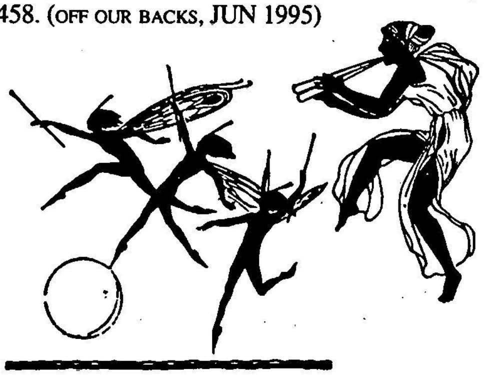
Fair Benefits?

We've all heard about the wonderful companies that supply medical coverage for the domestic partners of their employees. But, Microsoft actually only allows a same-sex partner to be covered. If you can marry, you must, to take advantage of this benefit.

August is the Month for Festivals

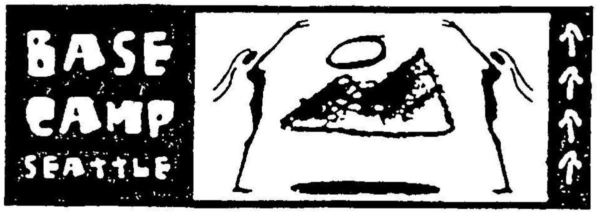
The Elderflower Womenspirit Festival will be held August 17-20 in the Mendocino Woodlands in Northern California. Organizers are promising a reasonably priced, relaxed atmosphere of workshops, music, rituals and crafts for women and girls. Tent and cabin camping will be available: one section of the camp will be provided for Clean and Sober campers. For more information call 916-658-0697. (OFF OUR BACKS, JUN 1995)

The Michigan Womyn's Music Festival is celebrating its 20th year August 8-13. Featured artists will include Holly Near, Kate Clinton, Linda Tillery, Azucar y Crema, Girls in the Nose, Toshi Reagon, Dance Brigade, and Margie Adam and Betty, among others. For more information, write to MWMF, PO Box 22, Walhalla MI 49458. (OFF OUR BACKS, JUN 1995)



Celebrate 1920 — Women's Suffrage — 1995

August 26th — Women's Equality Day — is the 75th anniversary of women's suffrage. The Seattle Chapter of the National Organization for Women (NOW) is planning a Women's Suffrage Parade, 1pm on 6th Ave from Pine to Wall Sts., and a celebration 3pm at the Seattle Center House, complete with speakers, music and dance. If you are interested in speaking, performing or volunteering in some other way, contact Seattle NOW at 206-632-8547. (SEATTLE NOW, MAY&JULY 1995)

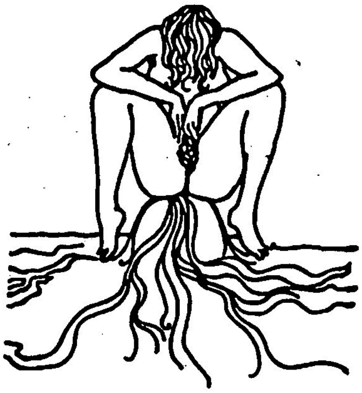


Before the Ascent there must be Basecamp

BASECAMP Seattle, August 24-27, acts as the **gateway for national delegates to the United Nation's Fourth World Conference on Women in Beijing**, China to meet with local activists. Fifteen hundred women from across the US are expected at Seattle University for plenary speakers, workshops, discussion groups, visual and performing art projects, and the Women's Suffrage Anniversary March. Critical areas of concern include: poverty; education; violence; converting militarism; creating equality in power, leadership and decision making, and women's influence on mass media. Call 206-706-0929 for details.

THE PASSIONATE FLOW

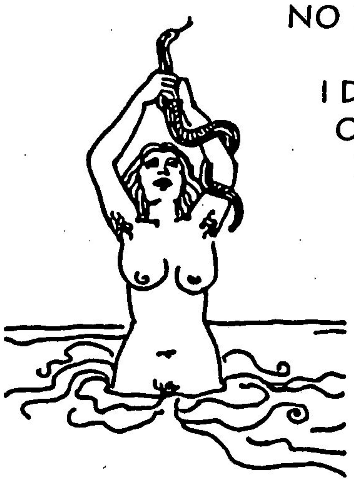
BY TANIA ELIZABETH HURIE
MONTREAL, QUEBEC, CANADA



MY SOFT RED UNDERWEAR
WELCOMES MY MOON CYCLE'S FIRST FLUSH
I WEAR THEM IN CELEBRATION;
MY BODY'S SEA RHYTHM, AGAIN AT FULL TIDE.

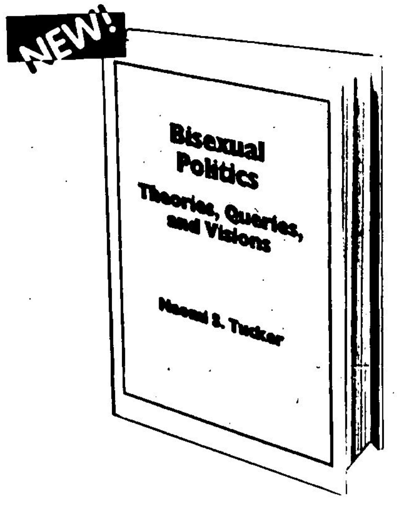
PALE TEARDROPS GUSH BRIGHT RED;
A RICH AND MUSKY WINE, SALTY TO THE TONGUE.
BELLY HEAVY, TENDER NIPPLED, TIGHT THIGHED,
I DANCE THE TENSION FREE.

SWEAT SHEEN GLISTENS.
PRISM OF SAD RELIEF AND PASSION
RAINBOWS ON MY WALL;
NO LONGER EARTH-BOUND AM I.



I DANCE THE KNOWLEDGE OF MY OWN CLEAR SIGHT.
OLD FEARS RUN RIVULETS DOWN MY ARMS,
FORM FLOOR PUDDLES TO LUBRICATE MY FEET.
MY WOMAN'S SHAME HAS TAKEN FLIGHT.

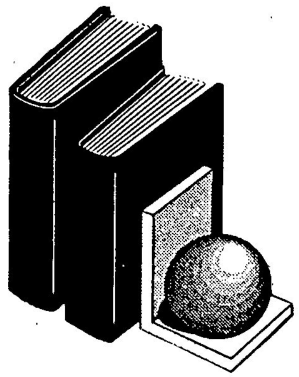
I WEAR SOFT RED UNDERWEAR.
A PROUD PAGAN — HIDDEN NO MORE IN THE MENSTRUAL HUT,
DANCING AND LEAPING BEFORE THE FIRE,
CHERISHING MY BODY AND MY BLOOD.



Book on Bisexual Politics Due Out Soon

'Crucial reading for anyone trying to make sense of shifting definitions of sexuality'

An anthology of essays that explore the history, strategies, philosophies and diversity of bisexual politics and theory in the US is set to be published this fall. ***Bisexual Politics: Theories, Queries and Visions***, edited by Naomi Tucker (Haworth Press, Inc., New York) is expected to go one step further than previous books by focusing on the political theory and community organizing aspects of bisexuals. The 31 contributors to the book are seeking to formulate new bisexual political theory, provide a vision of future directions for redefining sexuality and gender, and to educate activists and their allies about current issues pertinent to the bisexual community. For more information or to place an order, call 800-342-9678 from 9am-5pm EST. (BI THE WAY, MAY 1995)



Hot Summer Flick

by Lizabeth Coller

The Incredibly True Adventures of Two Girls in Love

This is a great movie! I viewed it during its premier in Seattle at the Seattle International Film Festival. Maria Maggenti, the writer and director, was present.

The story is about a working-class white girl, Randy (played by Laurel Holloman), who is very out as a lesbian, and the beginning of her relationship with a rich black straight-up-to-now girl, Evie (played by Nicole Parker). The major differences between the two are treated more as comic relief than as problems. The families of the girls are also different; Randy's aunt is a dyke, with a live-in girlfriend and a visiting ex-girlfriend. Evie's parents are divorced, and her father buys her extravagant gifts (a Range Rover) to make up for not being there.

On Evie's eighteenth birthday the girls have sex, and Evie's mother walks in on them. The result is very comic; the girls take off and hide out at a hotel. All the various characters end up there, arguing among themselves while Evie and Randy are in their own world.

The best part is the sex scene (of course!). It's Evie's birthday, and her mother is off on a business trip. Randy tells her aunt she's staying at a friend's house, and the fun starts. The girls get high, and cook all the food in the house. In the process they trash the kitchen and dining room. They then wander to the bedroom and have a very nice time. This is not pornography, but erotica. Lots of skin, nice lights, etc.

Maggenti said the first time they shot the love scene, the photographer used lots of arty shots. Once put together, it didn't work. This had been the last part of filming, so they no longer had access to the original set, except for the sheets on the bed. The actress playing Randy had gone off and shaved her body, and Evie's actress had shaved her head. So the end result was lots of closeups, but not of Evie's hair, and not the parts of Randy's body that should have hair.

I found the scene to be very sensual, very sexy. ▼

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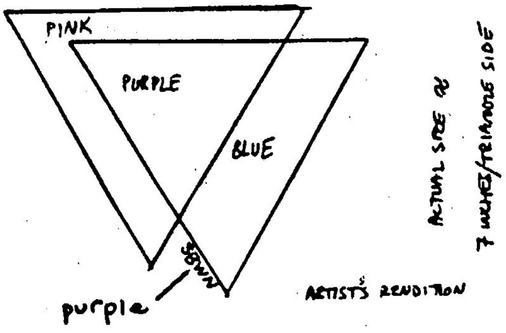

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Y Y Z O V U M B N O H J K I M O
C L D B L O A T I N G B G L C O
L N Y I P A R O V U L A T I O N
E A Y D W O C Y T I L I T R E F

1-Initials for Pre-Menstrual Syndrome
2-Many women suffer from this disease
(hint: begins with E...)
3-Hormone
4-Brand name of birth control pill
5-What is progesterone
6-You can keep track of your period cycle
by observing this
7-Pains experienced during a period
8-Water gain
9-Occurs before menstruation
10-Name brand maxi-pad
11-What is called the monthly process
12-Praise the ________!
13-Menstrual blood is a symbol for this in
many societies

Menarche Hell

Sarah-Katherine O'Pasty

It's ten or so, and I'm sitting here sipping hot Ovaltine and bleeding quietly into the tampon that is tucked up inside me, snug as a bug in a rug. It's comforting: the hot, sweet Ovaltine, and the tug in my lower belly. Both sensations seem inevitable.

Three more hours and it's time to pull the little string that's dangling between my legs and draw out the pungent, wilted cotton plug. I'm new enough to tampons that the idea of doing this is notable — not quite daunting (I've done it before), but still, something to think about doing well before actually performing the act. Pull the string — slowly and smoothly, until the tampon pops out of my vagina, slimy; like a second-term miscarriage. Flush it away. Replace with a fresh, dry tampon, which will pull against my insides unpleasantly until I push it high enough. In a moment, its presence will be unnoticed. Then, hands washed of any residual clots of tissue, I will be able to enjoy six more hours of secret bleeding.

I guess this is no big deal to most of you girls out there, right? I mean, you've probably been doing this since sixth grade. I haven't — oh, yeah, sure I've been bleeding, but this tampon thing is brand new to me. I always used to wear pads, because I basically thought it was gross to jam cotton up your snatch and just let it sit in there, getting smellier and bloodier by the hour. My idea about periods was that that blood was SUPPOSED to come out, not just stay up inside. Actually, I still believe that. It's probably a million times better for your body to just let the blood run out freely into a pad.

Another reason I wouldn't wear tampons is because (don't laugh) I thought they would stretch me out. Can you imagine? Some guy's pumping away and going, "Am I in yet? I can't feel a thing!" All because of those fucking Super Absorbant Plus jobs the size of D batteries.

But now, I guess, I'm a tampon girl. I finally got fed up with walking around in a saggy, stinky pad. I got sick of the feel of old blood in my butt crack after a night's sleep on my back. I couldn't take that pubic hair crust any more — you pad girls know what I mean. In short, I was sick of feeling (as the t.v. says) 'not-so-fresh.'

So Now, I'm just a walking, talking, plugged-up orifice — yee-ha!

My first period, since I'm on the subject, was absolutely horrifying. I was eleven or twelve, and I knew all about periods — technically. I wasn't prepared to pull down my panties and see a stripe of brown in the cotton crotch. At first I thought it was shit, and was totally humiliated. Like nice wiping, girlfriend. I wadded up about half a roll of toilet paper and wiped my butt until it was raw, then I changed into a nice clean pair of underwear. A couple hours later, when I had to pee again, I was mortified to see that the stripe was back — darker brown, too.

At this point I started to freak. I figured one of two things was happening down there: one, I had become suddenly incontinent, or two, GOD WAS PUNISHING ME BY MAKING MY PUSSY LEAK ICKY BROWN DISCHARGE. In the next few minutes, the incontinence theory was disproved by much frantic butt-wiping and checking. Which left only option two, that God had some kind of vendetta against me, and was causing me MAJOR female trouble. The worst, meanest part about His punishment, in my panicked opinion, was that eventually I'd be forced to tell somebody about my problem. Then maybe they'd want to SEE it! The anticipated shame of THAT, the telling and the examination, was unimaginable.

Hours passed. I wandered about the house, picking things up and putting them down, waiting for my mom to come home from work. And then what? I didn't know. I made and drank cup after cup of herbal tea. Every ten minutes or so, I'd duck into the bathroom and check out the crotch of my panties. Perhaps it would stop of its own accord. Maybe it was just a WARNING from God.

Now why, you might ask, would I be so convinced that God hated me enough to cause me such a miserable, embarrassing malady? Friends, I'll tell you what: I had been masturbating for as long as I could remember. Though nobody had ever told me not to, I knew that touching myself was a filthy, perverted pastime — one that normal, healthy people didn't do. So you see? It made perfect sense that God would choose to punish me in those parts — those parts I wouldn't leave alone.

So, not only would I have to tell a grownup about the brown stuff, I'd have to tell them about the touching — the cause of my shameful punishment. I was both mortified and mortally terrified.

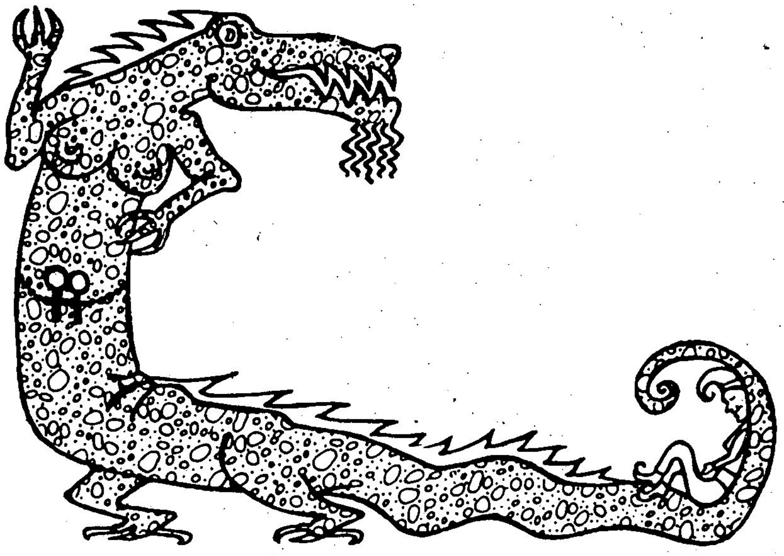
I don't know when it finally clicked that what was happening was merely my first period, not the wrath of God. Maybe later that evening? I don't remember. I think what threw me off initially was that the blood was brown, not the cherry red I'd always expected. Years later, I read somewhere that a girl's first flow can range from red to brown to almost black. Can you imagine how crazed with fear I would have been to see a BLACK stripe in my panties? I'd probably be writing this in crayon from a state institution, not on a PC in my own cozy bedroom...

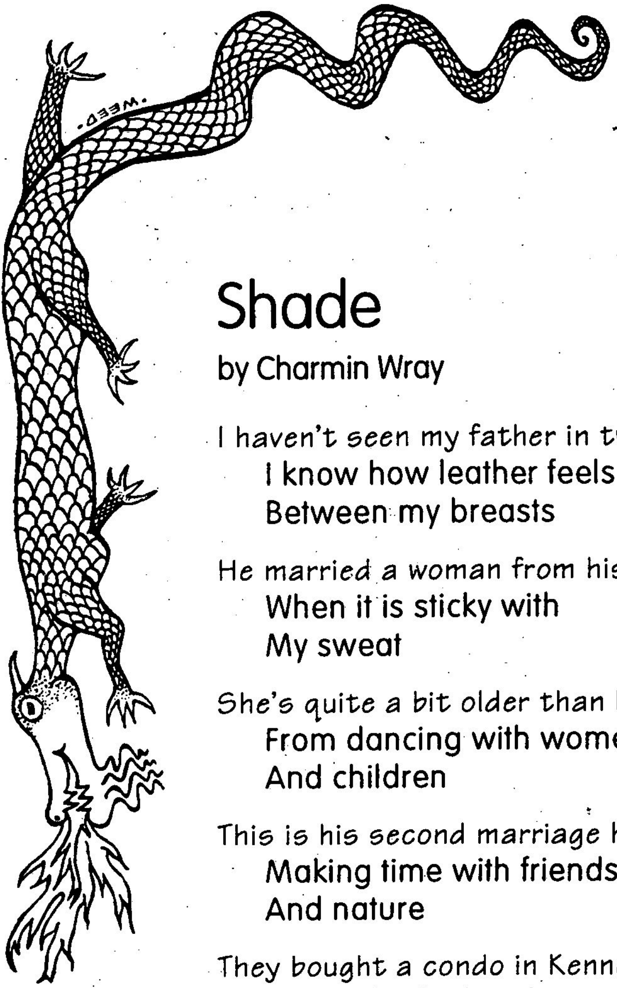
I wouldn't wear pads, that first time, for some reason. It just never occurred to me to do that. Instead, I changed panties about four times a day. On the third day or so, I told my mom. I was still apprehensive — it could still turn out to be censure from God — but maybe, just maybe, things were okay down there. Before the week was over, it had ended — the crotch of my underwear was again mercifully unsullied. How to explain how I felt? Light-headed, goofy, clean, and loveable again. Relieved. Redeemed.

Almost immediately, I went back to masturbating, my desperate pleas to God forgotten in my stealthy lust.

SO that's the story of my transformation from girl to woman, complete with all the shame and horror that transition included. Girl to woman, pads to tampons. Furtive masturbator to, well... furtive masturbator. Some things never change.

Reprinted with permission from the 'zine *Pasty, #4: The Hatred Issue.* To order the current *Pasty*, please send $2 cash to PO Box 95847, Seattle WA 98145. ▼





Shade

by Charmin Wray

I haven't seen my father in two years
I know how leather feels
Between my breasts

He married a woman from his office
When it is sticky with
My sweat

She's quite a bit older than he is
From dancing with women
And children

This is his second marriage her third
Making time with friends,
And nature

They bought a condo in Kennewick
Tangle bodied and
Steeped in menses

I haven't lived near him for twenty years
At the Oregon Country Fair
Last summer

He gave me a half sister
I had eight dollars and
A wool blanket

He didn't tell his wife about us
I met a blonde mom lady
In the shade

He didn't send birthday cards this year
She laid some companionship
On me

He calls himself Daddy.
Before we drove home
To Seattle.

Let's face it, we all have our problems. Whether it's a perilous polyfidelity predicament or simply how to shop for latex, North Bi Northwest *is here to help. In keeping with the spirit of bisexuality, we offer more than one reply to each question. Send your queeries to our PO Box; our wisdom-mongers are standing bi.*

Dear Answer Amazons,

Last year my husband and I got involved with another couple and had several, um, encounters. All went awry, though, because the guy in the other couple was a clumsy, inconsiderate lover who, despite my repeated requests for him to stop being so rough with me, continued to bite, maul and pinch me. I finally had enough and we ended things on a fairly poor level. His feelings got hurt, he got defensive, etc.

Here's my problem: I really connected with the woman, physically, spiritually, etc. We were on our way to becoming really good friends, not to mention having a great time with her in the sack. For the last year I've stewed about this. Should I try to get in touch with her? If I call, what do I do if *he* answers the phone?

Please advise me, oh wise woman!

Nora L

Dear Nora L,

I am normally not one to put the brakes on around relationships, but all sorts of amber and red lights flashed in the cosmos when I read your letter. There are too many possibilities of making this situation even more difficult.

That is not to say that a relationship with her is impossible. The first thing that needs to be cleared up is whether or not she would even consider having a relationship with you without her partner being in the bargain. The most important part, though, is the relationship with the two men in this equation — presuming, of course, that both of you want to keep them in your lives. Are you willing to deal with her partner at least in terms of having a relationship with her? What does your husband say about this? If you try a secret romance, the risks multiply tremendously. You are basically at square one — you must renegotiate everything in this four-way to transform it into a two-way. It sounds as though that may be very difficult.

If you really want to try it, be open and above-board in every detail of working this out. If you can convince everyone that it's at least okay, it may succeed. If not, be ready to be complete with having her in your past and keeping her there with fond memories.

Good luck.

Love,

Aphrodite

Dearest Nora L,

If he answers the phone, hang up! If good manners won't permit, pinch your nose closed and ask for her. Should he get suspicious, say that you have a bad cold.

Is this woman worth getting into a relationship that will be filled with many potential difficulties?

Based on the past situation with her husband, be prepared for trouble. Has your friend attempted to get in touch with you? Did you part on friendly terms with her?

If the answers are 'yes,' the Queen advises you to attempt a relationship with her.

Even if the answers are 'no' and you still can't forget about her, call her. It is better to act than to stew. At least you'll not have to worry about missing out on an opportunity for true love and friendship.

The Queen wishes you success on a challenging journey. Keep in touch.

Queen of Love

The women's health movement is what originally brought Gloria Steinem into feminism. The turning point came in the late 1960's, as a political reporter for *New York* magazine, covering an abortion hearing. It was the first time in her life she heard women stand up and tell the truth about having abortions. 'I had had an abortion and never told anyone. It was that realization that if one of three or four of us had had this experience, why was it illegal?' 'That was the beginning of the big light bulb that helped me to understand why it was that all my life that I had been identifying with every less powerful group in the world, but I didn't know why.'

Women's Work, a Journal of Who We Are, July/Aug 1994, Snohomish, WA

Call for Papers

Raging Muse Press of Seattle is currently accepting submissions of **poetry, prose, artwork, and short stories on any subject for their monthly literary journal, Emeralds in the Ash.** All submissions must be typed and are non-returnable. Please include your name, address and phone number, indicate whether your work is poetry or prose, and send your submission to Raging Muse Press, 1202 E Pike St #1091, Seattle WA 98122-3934. For more information, call 206-233-8848. (LEATHER PRIDE, JUN 1995, VOL 2,#5)

Young women artists and writers under 30(ish) are invited to submit work for the upcoming 20th anniversary of *Calyx* Journal. All submissions must be postmarked by August 31, 1995. For information on guidelines, send an SASE to *CALYX*, Dept 20, Box B, Corvallis OR 97339. (OFF OUR BACKS, JUN 1995)

The Skagit Gay Times is interested in publishing a **literary anthology of sexual minority writers residing in northwestern Washington.** Short stories (fiction and non-fiction), poetry and essays dealing with lesbian, gay and bisexual life will be accepted for publication, possibly in the fall, depending on the number of submissions received. (Sorry, erotica/pornography will not be considered.) If you are interested in submitting a manuscript, send a business-sized SASE for submission guidelines to Skagit Anthology, c/o GLBS, 1500A East College Way #458, Mt Vernon WA 98273. Please do not send submissions at this time. (SKAGIT GAY TIMES, MAY 1995)

Going Down the Information SuperBiWay

A newly formed sex-positive student group at the University of Washington now has its own World Wide Web (WWW) home page: the address is `http://weber.u.washington.edu/~sfpse`. Be sure to check out the Events button. To learn more about the Society for Human Sexuality, send e-mail to `sfpse@u.washington.edu` or write to UW/SHS, Box 141, HUB-207, FK-30, Seattle WA 98195. (LEATHER PRIDE, JUN 1995)

Lesbian couples and same-sex marriage supporters are encouraged to reach the **Partners Task Force for Gay & Lesbian Couples** at `http:/www.eskimo.com/~demian/partners.html`. The organization's WWW home page offers information on everything from same-sex couple survey results to advice on handling medical emergencies. To learn more about Partners, send e-mail to `demian@eskimo.com` or write to Partners, Box 9865, Seattle WA 98109-0685. (OFF OUR BACKS, JUN 1995)

Internet users interested in online discussions on non-monogamy and polyfidelity issues are encouraged to send e-mail to `triples-request@hal.com`, which is a moderated list of the USENET newsgroup alt.polyamory. Other organizations also geared toward discussion (rather than active 'swinging' or 'cruising') across the US include Tri-State Polyamory (New Jersey), `hardy@panix.com`; Pali Paths (Hawaii), `hwhite@uhunix.uhcc.hawaii.edu`; Glendower (Missouri), `dwest@delphi.com`; and Loving Alternatives (Indiana), `poly@holli.com`. (BIWOMEN, JUN/JUL 1995)

* * *

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BISEXUAL RESOURCE GUIDE
Edited by Robyn Ochs

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Foods That Serve as Medicines

by Siri Schroder

If You Have This Condition:	Try Eating This:
✣ **yeast infection**	✣ **yogurt** with acidophilus. one cup per day. Unsweetened is best, as yeast bacteria feed on sugar.
✣ **vaginal dryness**, as in menopause	✣ **soybeans** one cup is equivalent to one tablet of an estrogen-replacement drug! Cooked soybeans will keep ten days.
✣ **nausea**: as from pregnancy, motion sickness, etc. ✣ **coughing** ✣ **migraine headaches** ✣ **rheumatoid arthritis**	✣ **gingerroot** In vegetable section of regular grocery stores. Bite into it and suck the juice, or make tea: immerse several slices of fresh gingerroot in three cups of water, simmer ten minutes, then strain.
✣ **colds** — preventative	✣ **vitamin C** Found in foods such as oranges, tomatoes…
✣ **cold symptoms**	✣ **chicken soup** adding hot pepper sauce opens nasal passages, and adding chopped garlic stimulates the immune system.
✣ **sore throat**	✣ **grated lemon peel & honey** Blend together with water. Heating this drink will make it more soothing, but may kill nutrients in the lemon peel.
✣ **depression**	✣ **spinach** one cup a day, uncooked, helps folic acid deficiencies.
✣ **cuts & sores** (*not* burns)	✣ **honey** Saturate a sterile gauze pad in honey over the wound and put a dry pad over it to keep it in place.
✣ **heartburn**	✣ **bananas** One banana has an immediate antacid effect, without the high sodium of many antacid tablets.
✣ **diarrhea**	✣ **blueberries** One cup fresh, or second best, 1/3 ounce dried, has antibacterial qualities.
✣ **insomnia**	✣ **red & yellow onions** one slice, uncooked, contains quercetin. ✣ **turkey soup** contains L-tryptophan
✣ **clogged arteries**	✣ **grapes** including skins, seeds and stem, contains flavonoids.

These foods are said to have general life-extending benefits:
citrus fruits
oats
bananas
tomatoes
tofu
broccoli
fish
wheat germ
tea…

The above contains common folk remedies and natural products. As with anything having to do with your health and well being, consult your primary careprovider before following these suggestions. *-ed*

References:

Dian Dincin Buchman's *Herbal Medicine: the Natural Way to Get Well and Stay Well.* Wings Books, Avenel NJ, 1979.

Gladstar, Rosemary; *Herbal Healing for Women: Simple Home Remedies for Women Of All Ages*, A Fireside Book, New York, 1994.

I'm a Statistic!!

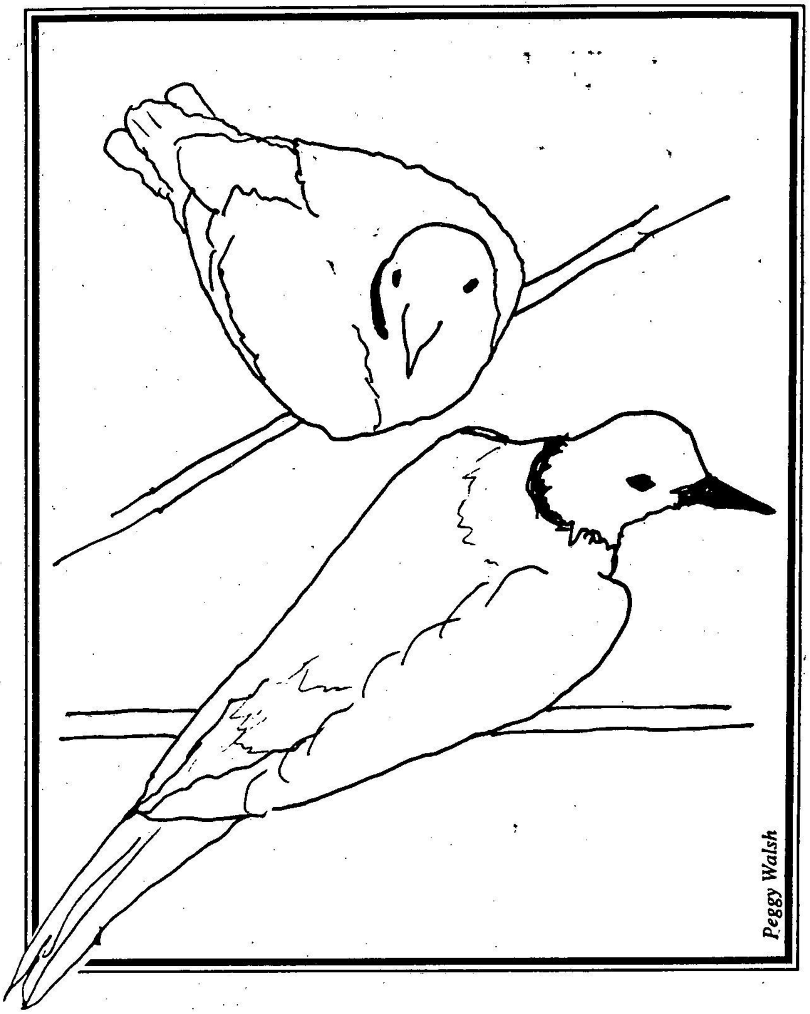
by Carlyle

Or so my friend told me when I revealed to her the workings of my inner plumbing. "I've read about people like you. You're very rare." I suppose I was flattered.

I began menstruating rather late in life. Another friend had told me about her experience where her hole actually was not a hole and thus she had been ovulating for years, but there was nowhere for everything to come out, so each month it all kept building up inside. A simple operation fixed all of this for her, and I began wondering if I had the same affliction. Little did I know that I was a statistic of a different kind.... And then one day I experienced relief. Not only did the blackish bloodstain indicate that I had the potential to bear children, but it also reassured me that I was only vaginally incontinent, not anally so. Nonetheless, I remember feeling really embarrassed at five-thirty a.m. asking my mother for help in finding the hole in which to insert a tampon so that I could get to swim practice on time. All of my friends had figured this out already. But of course, I had never had any reason to use or explore that hole before, so it was all greek to me(!).

Ever since then, I have been really irregular. I have gone for months, and sometimes even years, without a drop of blood. My mother has never been worried. She was somewhat the same, and recalled ovulating only when she was really well rested. Well, that did not turn out to be my pattern, exactly. I began noticing a correlation between my periods and my boyfriends. It seemed that only when I had a boyfriend did I bleed. I became aware of this during a long-distance relationship that I had over the course of two years. When we started dating in the summer, I noticed that I had become rather regular. I thought that maybe I was now finally falling into a 'normal' cycle. But in September, we went to different universities, separated by thousands of miles. I didn't bleed for the four months we were apart. Until two weeks after I saw him again at Christmas. Then nothing for four months, and regular again the next summer when we were within hormonal distance. This phenomenon became rather interesting to me.

So I've had doctors concerned about my irregularity, wanting to fix it and make me normal. I actually think that my pattern is perhaps even more evolved: what's the point of ovulating if there's nothing to fertilize the egg? I have become more observant of my cycle now, which essentially tells me how I feel about people. I find myself ovulating when I am sexually stimulated, not necessarily only through intercourse. My hormones are responsive to a really intimate conversation or being around someone who turns my crank. I even once felt myself aroused, which was then confirmed two weeks later, by the mere sound of a particular someone's footsteps entering the hallway to my office. So now, when my period begins, the first thing I do is to look back in my calendar fourteen days to figure out who I was with that day and what we were doing. And most importantly, when I can see them again... ▼



Peggy Walsh

My Summer with the Bird Sisters

by Peggy Walsh

A couple of summers ago, I spent quite a bit of time in my tenantless house: cleaning, painting, repairing. I had the company of a pair of female Berber Doves, as their people had gone abroad for the summer and they needed a place to stay. I'm not fond of pigeons/doves, but enjoyed their mild-mannered company.

They cooed and fluttered, peered at me as I worked around them. They seemed to enjoy my sharing my plums and fig bars with them.

When I was painting I didn't want to poison the birds so I dragged their huge habitat out onto the porch (to the fascination of Smokey, the cat who lives across the street), and 'wild' pigeons cooed around the nearby rooftops.

About every two weeks birds spoke differently; a more chirpy, insistent voice. They were literally 'billing and cooing' and paying a lot more attention to each other — grooming, necking, poking beaks in each others' mouths — typical bird mating preparation. Birds don't usually produce eggs unless stimulated by the presense of a male.

They spent a day or two taking turns humping each other, their little cloacas pulsing open and closed, then each laid about half a dozen little eggs. They spent a little time sitting on the eggs in their basket, but mostly ignored them.

I wondered how the eggs would be to eat, but never quite got around to trying them. ▼

'Cycles' continued from page 1

masturbation with my external genitalia. So, after I prepared the tampon for insertion, I couldn't find the opening. I ended up placing the tampon in my rectum. I could tell that this was incorrect immediately. It took several more aborted attempts before I got it right.

MY FIRST SEXUAL ENCOUNTER occurred during a menstrual cycle. I was so caught up in the emotions and tumult of my 'first time' that I completely forgot until the male was performing oral sex on me. It's strange how I don't recall all the details of that event, but I do remember being startled as I realized I had a tampon in my vagina. I told the man, and I believe I offered to go take the tampon out, but I don't remember how we resolved that. I am pretty sure we had intercourse. What makes this memory blurry is that the man later revealed to me that he didn't like to go down on women or have intercourse with them when they were menstruating.

MONTH-TO-MONTH throughout most of my adult life, I have not tracked the number of days between periods. I can always tell via changes in my body that I have about 8 to 12 hours before blood flow starts. My period lasts about three days. A few years ago, I became interested in tracking my fertility cycle as a form of natural birth control. I learned that my cycle is about 24 days. I took an expensive class in basal-temperature mechanics, and the teacher said, jokingly, "this form of birth control is not recommended for people with periods of 24 days or fewer, because they are just about always on their periods!" Ha ha ha ha. She was implying that short cycles are cumbersome. But, really, my flow is so slight that I might spend less time 'on the rag' than most women, not that I'm comparing myself with other women. I never really thought about it until I heard such a judgmental comment. By the way, I abandoned using the basal approach. It's a fascinating way to get in touch with the moon cycle, but I found it impossible to take my temperature every single morning before I got out of bed.

MENOPAUSE is still probably 10 years away. My mother says she breezed through menopause and does not take estrogen therapy. I'm planning for the same. My fertility is sacred to me; I refuse to take birth-control pills because there's something misogynist to me about altering the hormonal cycle. I am awestruck with the knowledge that I can carry and birth a child. On the other hand, fertility sucks when you are in a heterosexual relationship. It becomes a burden; though with AIDS, condoms are now a matter of routine. 'Protection' is not just a matter of birth control; it's about preventing STDs. I look forward to post-menopause as a time of sexual prosperity. Male-female sex will no longer be linked to fertility. I once read this quote by a man in a book about male sexuality: "It's too oppressive for me to think that every time I have sex it could result in a pregnancy." I see things so differently. To me, hetero sex is about a penis squirting sperm into the opening of MY UTERUS. If there's anything that can take the eroticism out of a sex act, it's sperm in the birth canal. It might be that once I am a crone, then I will be able to experience sexuality from a male point of view. That is, just as an activity that releases sexual tension. Until then, I bring complex and uncertain emotions to the act of bedding down with a male. ▼

A WOMEN'S CALENDAR

(c) Irene Stuber

8/13-1818 Birth of Lucy Stone, American pioneer for women's rights, advocate of a woman retaining her own name after marriage.

8/22-1995 Birth of Helen Maud Cam, first woman to with full professorship at Harvard University although women were not allowed to attend the school.

8/26-1920 Proclamation observing the final approval of the Nineteenth Amendment of the US Constitution was announced. The amendment was exactly the same as that first proposed by Susan B. Anthony in 1878 and was suggested in the first women's convention in 1848. ('The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.'

9/6-1860 Birth of Jane Addams, American social worker; co-founder of Hull House settlement house in Chicago that served as a model for social justice and reform in helping people deal with the anonymity of large cities. Co-founded American Civil Liberties Union, chair of Women's Peace party, president of Int'l Congress of Women meeting at The Hague, Women's Int'l League for Peace and Freedom, and in 1931 shared the Nobel Peace Prize. An ardent feminist, she left her estate to the first-born girl baby of each succeeding generation.

9/11-1877 Birth of Rosika Schwimmer, Hungarian pacifist, denied American citizenship for her work in the peace movement although she resided in the US from 1921 until her death in 1948. Nominated for the Nobel Peace Prize in 1948 but died before it could be announced. The Nobel committee does not honor deceased people, so no award was given that year.

9/14-1883 Birth of Margaret Sanger, founder of Planned Parenthood and pioneer advocate of birth control.

9/16-1672 Death of Anne Bradstreet, first American poet. Because she was a woman, her initial books of poetry had disclaimer introductions assuring readers that she only wrote during dimes taken from her sleep period, not when she was supposed to be doing housework.

9/28-1904 New York City police arrest a woman for smoking a cigarette in public. NYC had enacted the Sullivan ordinance that made smoking in public by women punishable by a fine of $5 to $25 and up to ten days in jail.

9/29-1974 The US Congress passed the Equal Credit Opportunity Act designed to equalize credit opportunities for women and men, legislating that women's income was to count the same as men's for credit rating purposes, and no one should be refused credit on account of sex or marital status.

▼

One Man's Feelings on His Lover's Menstruation

from *The Hite Report on Male Sexuality*

by Siri Schroder

'...Another thing I've always heard was that you weren't supposed to have sex when the woman was having her period. Women are always supposed to hide it, and not let anyone know they're having it, and men aren't supposed to know about it, and everyone is supposed to pretend like it doesn't happen.

'One time we were making out, lying in bed; she didn't have any clothes on, and we were thinking about intercourse, but she still had the Tampax in. I said I wanted to take it out for her. She was going to take it out herself in the bathroom, and then wash herself, but I wanted to take it out. And it was really sexy to take it out. I wanted to look at it while it was coming out — not just reach around and pull it out — I wanted to watch it, I wanted to see the colors on it. I thought it would be really great to look at it and watch the thing come out. It seemed really beautiful to watch it come out. It was part of her on the Tampax — I just wanted to watch it. I don't know why. It was really sexy. When I took it out, I had it and I didn't want to throw it away. I wanted to keep it. It smelled good. So I put it in my mouth. It was great to be chewing on it, tasting it.

'It smelled strong but it smelled really good; it was really sexy the way it smelled, plus it was part of her. It smelled sweaty, kind of, a sharp and kind of sweaty smell, just like regular blood and mucous together, but also with some kind of a sharp, strong odor — the more, the better.

'It is very exciting to just mess around sometimes....' *

No, I don't have this woman-loving man's address, or, sigh, even his name. I excerpted only the bit of his twelve-page essay that deals with menstruation (in the chapter called 'Nine Men Speak About Their Lives').

The rest of the essay talks about everything from the first time he was anally penetrated by this same person, to falling in love and experiencing the crisis of losing control, to how he has re-thought the roles of women and men, feminism, and male bonding. It seems this particular relationship and lover were a catalyst for blowing his whole world open, shaking up and expanding reality in a scary, but exciting way. He comes across as very clear, an individual in a world of deeply sleeping human sheep.

Reading what he shared fascinated me, moved me, and made me wet. It restored my faith in the power of people, through personal experience, through their bodies, to 'throw off' what they've been sold and find the truth — not to mention it restored my faith in men. I highly, highly recommend this and any other books by Shere Hite.

* Reprinted with permission from *The Hite Report on Male Sexuality;* Knopf, New York, 1981; dist. by Random House. ▼

Bisexuality & Duality

by Gayla Rice

Coming to love men and women equally has given me a new perspective on duality and its effects. There is an endless list of dualities. For example: them or us, good or bad, black or white, men or women, love or hate, young or old, up or down, gay or straight, left or right, conservative or liberal, in or out, for or against, rich or poor, and on and on it goes. So much conflict seems to arise out of dualisms, like fighting, protesting, divorce, war and murder.

By being a bisexual I am saying I don't want my choices to be limited to men or women, gay or straight. While standing in the middle of sexual choice, I began to notice how many other dualities I stand in the middle of, like black or white, I see a lot of gray. Young or old, at 40 I'm old enough to know better but way too young to resist. Good or bad, I can be both at times. Up or down, I can be laughing one minute and crying the next, but mostly I am content in the middle. Them or us, I am just an individual.

An 'Individual' is defined as not divisible, cannot be divided. When I allow myself to buy into any dualities I lose my individual freedom of choice, because for me to pick one side of a duality as right makes the other side wrong and leaves me divided. This gives new meaning to the word 'Pro-Choice.' The freedom to make independent choices is empowering and gives control back to the individual.

However, not giving the individual responsibility for their choices creates a victim and takes away the respect for the choices they made. For example, an individual may 'choose' to smoke or drink or take drugs or shoot a gun or have sex or drive or swim or camp or eat or sleep or work or anything else they can think of to do, in a manner that may cause harm to themselves or others. Letting the individual take responsibility for the harm they have caused themselves or others is the only way to insure our freedom of choice. So when I catch myself wanting to protect people from making laws, I remember that only laws that hold us responsible for our own actions, insure freedom of choice for every individual. ▼

Advertising

North Bi Northwest welcomes advertising from bi-friendly businesses, individuals, organizations and services. Our advertising rates are as follows:

Business card size: $10/issue	Quarter page: $20/issue
Half page: $40/issue	Full page: $80/issue

2 consecutive issues: 15% discount
3 consecutive issues: 30% discount

For more information call (206) 783-7987 & leave a message.

CALENDAR

For locations, confirmation, or more information, call the appropriate message machine and someone will get back to you (with discretion if requested). For SBWN events call (206) 783-7987. For all other Seattle events, (**BiNet, SBMU, Polyfi, BiOut, etc.**) Call (206) 728-4533.
*** denotes multi-gender events.**

Sat/Sun Aug 5/6-SBWN Campout, Dash Point Park. Contact Kellie T.

Mon Aug 7-SBWN Open Rap, 6:30pm.

Mon Aug 7-Vancouver BC Pride March. *

Tue Aug 8-Bluestockings. 7pm @ Peggy's, Ballard. *The Singing Creek—Where the Willows Grow*, by Opal Whitely.

Thu Aug 10-Take 2 Film Club. 6:30pm @ Denise's, Capitol Hill.

Sat Aug 12-Polyfidelity Social: 'Miracle on 34th St' miniature golf fundraiser for Northwest Aids Foundation & Rise 'n Shine. Meet 4:30 @ 2nd Av NW & Canal St, team up for golf at 5. *

Sun Aug 13-SBWN Mtg. 6;30pm. 'Open Rap'.

Mon Aug 14-SBWN phone answered live 7:30-9:30pm. *

Mon Aug 14-SBMU meeting. 7pm. 'Slut Etiquette'.

Mon Aug 21-SBWN Mtg. 6:30pm. 'Self Defense'.

Sun Aug 27-SBWN Mtg. 6:30pm. 'Maintaining Long Term Relationships.'

Mon Sep 4-SBWN Open Rap, 6:30pm.

Tue Sep 5-Input deadline for *North Bi Northwest* October issue. Suggested topics: 'Labels/Identity' or 'Safer Sex.' *

Sat Sep 9-Polyfidelity potluck. 6:30pm. Pilgrim Congregational Church. *

Sun Sep 10-SBWN Mtg. 6:30pm. 'Social & Organizational Mtg'.

Mon Sep 11-SBWN phone answered live 7:30-9:30pm. *

Mon Sep 11-SBMU meeting. 7pm. 'Building Community'.

Tue Sep 12-Bluestockings. 7pm @ Peggy's, Ballard. *Second Nature,* by Alice Hoffman.

Mon Sep 18-SBWN Mtg. 6:30pm. 'What's Great About Being a Woman'.

Sun Sep 24-SBWN meeting 6:30pm. 'Safer Sex.'

Mon Oct 2-SBWN Open Rap, 6:30pm. NbiNW mailing party.

Sun Oct 8-SBWN Mtg. 6:30pm. 'Open Rap'.

SBWN's social crowd meets:
On the third Saturday of the month for dancing @ The Easy, 9:30pm.
and for other special events: picnics, camping, parties, movies, etc.

PEOPLE NEEDN'T BE BISEXUAL TO PARTICIPATE IN ANY OF THE ABOVE GROUPS; ONE NEEDS ONLY TO BE NON-BI-HOSTILE, AND OUGHT TO BE AT LEAST A BIT ENTERTAINING AND FRIENDLY.

Third annual Greater Northwest International **Rodeo** will be held August 12-13 at the King County Fairgrounds in Enumclaw, with a kick-off party on the 11th at the Fifth Avenue Place. For information, call their hotline: 206-233-8931.

SBWN's non-profit umbrella, Gay Community Social Services, presents a Mid-Autumn's Night **Cabaret** on October 14. Entertainers or volunteers are encouraged to call 206-292-5144 to be involved in this evening filled with entertainment, music, dance and comedy.

Local Groups at Your Service

SBWN (Seattle Bisexual Women's Network): Support and discussion groups on alternate Sundays and alternate Mondays at 6:30pm. For more information, call our message machine. Note our occasional live phone answer times.

Bluestockings: SBWN-affiliated monthly feminist women's reading group. In addition to feminist writing, readings have included popular fiction, women's history, and a work-in-progress by a member. All women are welcome.

Take Two Film Club: SBWN-affiliated monthly video club. They review each flick after viewing, consensualizing on what they would advise others to take or do two of when seeing it for the first time. (i.e. Take two hands to hold when viewing Kafka for the first time; it's scary.) Meets 2nd Thurs.

SBMU (Seattle Bisexual Men's Union): a men's anti-sexist support and social group with discussion meetings on second Mondays of the month at Pilgrim Congregational Church, room 304 (enter from 10th Av), and monthly social events (location varies).

Polyfidelity Discussion Group: Support group and community for people in or interested in multipartner relationships. Discussions and literature on responsible nonmonogamy, intimate networks, alternative relationships and community. Bimonthly potluck discussions, 6:30pm @ Pilgrim Congregational Church, 509 10th Av E, Seattle; alternate month social events, venue varies.

BiNet, the Bisexual Network of Seattle: multi-gender, multicultural profeminist group; currently on leave until January 10, 1996.

BiOut Speakers Bureau: available for engagements at schools, businesses, counseling centers, churches, etc. to provide information and answers about bisexuality.